



THE
HEART
OF
WINTER

FRIDAY
DECEMBER 4TH
THROUGH
SUNDAY
DECEMBER 6TH

THE
BARNs
AT
TROUTBECK



A WEEKEND RETREAT
GETTING TO THE HEART OF
A LIFE WELL LIVED

A weekend retreat to delight your senses, restore your energy, and reconnect: **THE HEART OF WINTER**. Take time to be with the fullness of this year and to get to the heart of a life well lived.

Join us for a program offering gentle movement, meditation, forest bathing, bonfires, built-in free time and exceptional meals.

An all-inclusive package including graceful accommodations, meals and programming.

Sandrine Harris, Troutbeck's wellness maven, guides accessible and engaging experiences in movement and meditation, writing explorations, and connecting with the natural world. No prior experience is necessary to participate - all adults (18+ yrs) are welcome!

Programming will be hosted in The Barns, our new wellness facility. Consider adding a massage therapy appointment or a somatic session to process stress. Or, unplug and curl up with a good book and a warm beverage, near one of our many fireplaces.

THE HEART OF WINTER offers something for everyone. Let us take care of you.

FRIDAY, DECEMBER 4TH @ 4PM (CHECK-IN)
THROUGH SUNDAY, DECEMBER 6TH @ 12PM (CHECKOUT)

GUEST PACKAGES STARTING FROM:
\$1,400 SINGLE
\$1,900 DOUBLE OCCUPANCY

PLEASE SEND INQUIRIES TO OUR RECEPTION:
RESERVATIONS@TROUTBECK.COM